

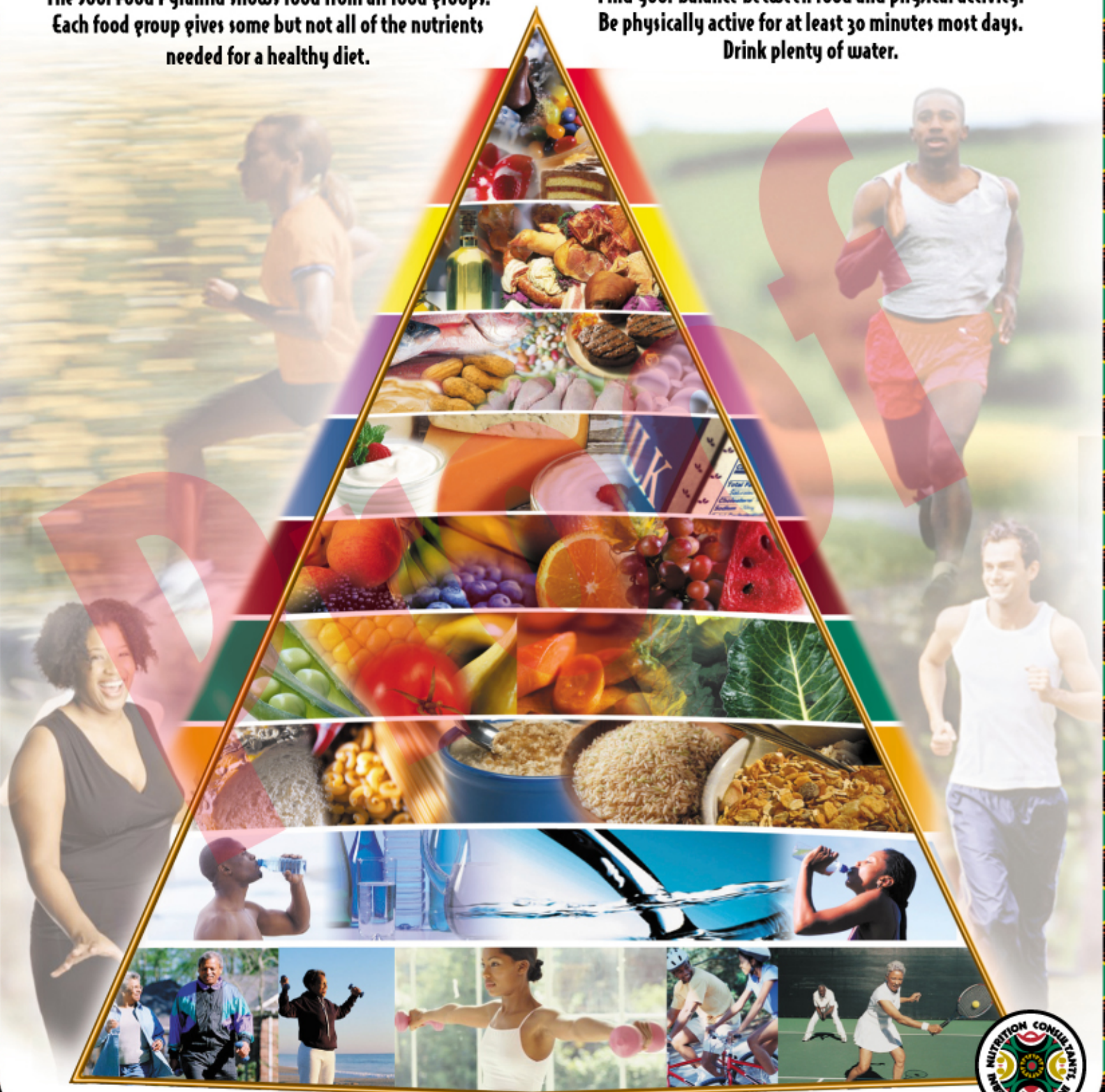
**THE
NEW**

SOUL FOOD PYRAMID

A GUIDE FOR DAILY FOOD CHOICES

The Soul Food Pyramid shows food from all food groups. Each food group gives some but not all of the nutrients needed for a healthy diet.

Find your balance between food and physical activity. Be physically active for at least 30 minutes most days. Drink plenty of water.





fist = 1 cup
(Example: 2 servings of pasta or oatmeal)



palm = 3 oz.
(Example: a cooked serving of lean meat)



thumb tip = 1 teaspoon
(Example: 1 tsp. of margarine)



handful = 1 or 2 oz snackfood
(Example: 1 oz of nuts = handful;
2 oz pretzels = 2 handfuls)



thumb = 1 oz
(Example: a piece of cheese)

FOOD GROUPS

Grains, Breads & Cereals



Make 1/2 your grains whole

1 slice of bread, 100% whole wheat, barley, or oat bran bread, 1/2 cup cooked whole grain pasta, 1 cup whole grain cereal, 1/2 cup cooked cream of wheat or oatmeal, 1/2 small bagel, 1/2 hot dog or hamburger bun, 1/2 cup cooked brown rice, grits or macaroni, 1 cup ready to eat flaked cereal (no sugar coating), 1 small piece of cornbread

Vegetables



Choose a variety of vegetables

2 cups raw green vegetables, 1 cup cooked vegetables: collards, mustard greens, turnip greens, callalou, kale, green beans, green cabbage, spinach, small sweet potatoe, squash, corn, carrots and onions, 1 cup low salt vegetable juice

Fruits



Eat a variety of fruits

Limit juice to 1 cup daily, 100% fruit juice (NOT FRUIT PUNCH), 1 medium: apple, banana, peach, mango, orange, pear, 1/2 grapefruit, 1 cup melon, 1 hand full of grapes, blackberries or strawberries, 1/2 cup canned fruit packed in water or in fruit juice (NO ADDED SUGAR)

Milk



Choose low fat calcium rich foods

1 cup of skim or low fat milk, buttermilk, 1% milk, or lactose reduced milk. 1/2 cup low fat ice cream, or frozen yogurt, 1/2 cup low fat cottage cheese, 1 - 1/2 ounce cheese, cheddar, colby, low fat american, provolone, mozzarella

Meat & Beans



Go lean with protein

5 to 5 - 1/2 ounces for the entire day. Baked, broil, grilled, eat fish at least three times a week. Choose lean beef, lamb, pork, goat, venison, skinless poultry, lean ground beef and turkey, 1/4 cup cooked dry peas and beans, 1 ounce of nuts, 1 tsp peanut butter, tofu or meat substitutes, 3 egg yolks a week.

Fats & Oils



Limit your fats

Foods such as chitterlings, (Chitlins), fresh pork neck bones, fat back, hog jowls, streak-o-lean, pig feet and sausage are sometimes used as meat by many African Americans. Due to the high fat content, these foods should be used only occasionally and in very small amounts. Canola oil and olive oil are recommended. Limit foods containing high amounts of saturated and trans fatty acids. All fats and oils should be used in moderation.

Sweet & Desserts



Foods we love that don't love us

Snacks and sweets: such as cakes, pies, cookies and other rich desserts should be eaten in moderation. Candies, soft drinks, alcoholic beverages and snack food items, such as chips, cheese puffs, corn chips, and pork skins should not be eaten often because they have large amounts of sugar, fat and salt. Remember 1 tsp of sugar = 16 calories

CALORIES

1600

Many Women & Older Adults

2000

Children, Teens, Active Women and Most Men

Grains, Breads & Cereals

5 servings

6 servings

Vegetables

2 cup

2-1/2 cup

Fruits

1-1/2 cup

2 cup

Milk

3 cup

3 cup

Meats & Beans

5 oz.

5-1/2 oz.

* not including discretionary calories.

Solid fats are not recommended

1 Tbsp mayonnaise = 100 calories, 10 grams fat

3 oz. chitterlings = 258 calories, 24 grams fat

1 tsp. butter = 34 calories, 3.8 grams fat

1 tsp table salt = 2400 mg sodium

1 tsp. sugar = 16 calories

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving		% Daily Value*
Calories 250	Calories from Fat 110	
		% Daily Value*
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Start Here

2 Check Calories

3 Limit these Nutrients

4 Quick Guide to %DV

5% or less is Low

20% or more is High

4 Get enough of these Nutrients

5 Foot note

